



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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TAX PREPARATION MADE EASY!! DON'T WAIT UNTIL THE LAST MINUTE!!

Presented by Marea Santos, Professional Organizer
February 17th • 12:30 pm
At the Needham Senior Center
No sign-up required.

Learn what information and documents you need for your tax preparer. This session will review and explain the important lines on the 1040 Form and Schedule A Form that affect retirees. The presenter will explain what information/data you need to provide your tax preparer in order to complete these forms. There will be examples of the different 1099 Forms you may receive in the mail and how they relate to the tax form. This is an interactive session so please bring your questions.

WEIGHT WATCHERS – LAUNCHES NEW PROGRAM CALLED, MOMENTUM!

10 weeks Wednesdays
12:00 - 1:00 pm
Registration February 4, 2009
Class begins February 11 - April 15th, 2009
Cost for the 10 weeks is \$130.00
At the Needham Senior Center
Payment is due on registration day.
To sign up, call 781-455-7555.

For many of us the New Year brings new resolutions. Weight Watchers' new program – Momentum is an easy-to-follow, weight loss plan that helps people stay in control of their eating habits by helping people identify foods that can keep them satisfied longer while teaching them how to eat smarter portions and make healthier choices. The new Momentum program provides resources for people to understand and address the practical, physical and emotional issues that can lead to weight gain. By following this program, we will offer support to one another with good humor as we struggle to win the Battle of the Bulge! We will have a private weigh-in each week and the group coach will keep us motivated.

To sign-up or to obtain further information call Sherry at the Needham Senior Center, 781-455-7555.

GAIL RICE BOOK REVIEWER "THE SECRET LIFE OF BEES"

Wednesday, Feb. 18th • 1:30 pm

At the Needham Senior Center

No sign-up required. A suggested cost of \$4.00 is appreciated.

Ms. Rice is a former teacher and professionally speaks to groups, reviewing the most interesting books of today. This month's selection, *The Secret Life of Bees* is set in the south in 1964. The novel tells the story of fourteen-year-old Lily Owens who has spent much of her young life longing for her mother who was killed when Lily was four. Lily is living with her father and is being raised by her African-American nanny named Rosaleen, with whom she escapes to a small town in South Carolina that holds the secret to her mother's past. The pair is taken in by three black beekeeping sisters, and the experience of living there changes Lily's life for the better!

A LUNCH AND LEARN LECTURE "BALANCE, THE KEY TO YOUR HEALTH"

Monday, February 9th • 11:30 am

At the Needham Senior Center

Sign-up is required.

There is no fee for this program

Are you or your loved ones suffering from inflammatory or autoimmune diseases such as rheumatoid arthritis, MS, or IBS? Do you want to know why cancer has become epidemic in our country? Are you aware that most of these diseases are preventable? Ms. Li Zheng, Ph.D, is a teacher, writer and a licensed acupuncturist. Currently she is a professor at the New England School of Acupuncture, and is on staff at the Dana Farber Cancer Institute. She is also the author of "Acupuncture and Hormone Balance." After the lecture you will be treated to a tasty lunch. To sign-up for this program call, 781-455-7555.





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DEAR FRIENDS,

TO CONTINUE TO RECEIVE THE SENIOR COMPASS, YOU MUST RESPOND.

We are asking each household to notify us if you wish to continue receiving the Senior Compass each month and how you would like your copy delivered.

You may:

- 1. E-mail us at needhamfone@comcast.net.**
- 2. Send in the card that is available below.**
- 3. Call the Senior Center at 781-455-7555.**
- 4. Fill out a card available at the Senior Center reception desk.**

We apologize for this inconvenience, but we are trying to make the printing and mailing of the Senior Compass more cost-efficient. If you have already responded, thank you very much! With everyone's help, we can continue to finance the Senior Compass!

*Jan, Pat, Eileen, Sylvia, Ann, Isabel, Mike,
Jay, Carol, Roma*

FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

SPECIAL THANKS

"We want to thank Walter Collins of Briarwood Healthcare & Rehabilitation Center for a very generous donation."

"We wish to thank Constance Farrar for her very generous donation in memory of Frank Farrar."

A PARTIAL LIST OF GENERAL DONATIONS, MORE TO FOLLOW IN THE MARCH COMPASS

- Helen Balukonis
- George Belzer
- Bernard Brooks
- E. & Raymond Cadeau
- Helen Carew
- Howard Cohen
- Ted D'Orlando
- Ruth Hasenfus
- Arline V. Holland
- Robert and Nancy Lovezzola
- Lorraine Mitchell
- Mr. & Mrs. John Moynihan
- Mr. and Mrs. Edward C. Pelletier
- Leo and Marie Treggiari

IN MEMORY OF

- Constance Farrar in Memory of Frank Farrar
- Arthur Bloom in Memory of Roberta Bloom
- James Demeo in Memory of Jose and Candida Tejeiro

If you wish to continue receiving the Senior Compass, please fill out this form. It can be dropped off at the Senior Center or mailed to FONE, 83 Pickering Street, Needham, MA 02492. You can also reply to needhamfone@comcast.net or call the Senior Center at 781-455-7555.

Name: _____

Send by e-mail. My e-mail address is: _____

Mail through the U. S. Postal Service.

My address is: _____

THANK YOU FOR YOUR HELP!!

The mission of The Needham Council on Aging is to respond to its older residents' needs by providing a welcoming, inclusive, and secure environment where individuals and families benefit from programs, services and resources that enhance their quality of life and provide opportunities for growth.

DEAR FRIENDS,

In keeping with the New Year, and supposed resolutions, I have been giving thought to what contributes to each of us maintaining our health and wellness. There is growing support for the notion that being active and engaged is important as we try to keep ourselves as sharp as possible and our sense of well being invigorated. For example, joining in activities that are new and make us step outside of what is customary for us supposedly will help keep our brains flexible and exercised. This means that we need to challenge ourselves. I know this can be scary and uncomfortable because I had a recent experience with "something new" for me. Because I don't like to play games such as cards, or Scrabble I have never learned how to do these things. Recently I was at a gathering and it was mandatory that I participate in a group exercise that required my involvement in an activity that was like Pictionary. I had no knowledge of what skills were necessary or of the rules but I had no way to back out. Well, as uncomfortable as I was, I made it through, participated in something new, and could actually see how making my mind and body work in a way that challenged me might indeed be good for me.

One of my promises to myself in this coming year is to continue to explore new endeavors. My hope is that I will be helping myself be more well rounded, less set in my ways and along the way perhaps healthier all around. I hope you will give this some thought too.

If you have visited the Council on Aging recently, no doubt you've met our new part-time Outreach Worker, Paula Angell who started with us in December. She will be working with LaTanya Steele and Barbara Falla in the Outreach Department. Paula has earned a Master's in Social Work degree from Simmons School of Social Work. If you haven't met Paula yet, please feel free to give her a call or stop by to see her at the Senior Center.

Jamie

NEEDHAM COUNCIL ON AGING AND SENIOR CENTER DONATION CORRECTION

Please note in last month's issue of the January Compass newsletter a misprint occurred, stating "In Memory of Elivira Castano Pamerio" and this was incorrect. Ms. Elivira Castano Pamerio made a donation in memory of Betty Nowell.

ART HISTORY FEATURING ALEXANDER CALDER

Wednesday, February 4th • 10:30 am

Location: Offsite at Avery Crossings, 110 West Street

A suggested cost of \$4.00 paid at the door.

To sign up, please call the Senior Center at 781-455-7555.

We would like to thank Avery Crossings for hosting this program. Jane Blair, an art educator and founder of Art Matters, will present the program. Alexander Calder was born in Pennsylvania, and he was the third generation of successful sculptors. From the time he was a small boy, he was always making "stuff"; toys, utensils, and objects out of bits of string, wire, buttons, cloth, wood and tin. He always had a sense of whimsy about his objects and invented the "Mobile"; a way to compose colorful shapes, and fine lines moving in a constantly changing arrangement. He is also known for creating and performing his own circus. Join us for a whimsical look into the world of Calder.

MAH JONG CLASS

At the Needham Senior Center

Interested in learning Mah Jong? It is a strategic game, and once you have learned the rules, the ability to excel is limitless. After four sessions at the Needham Senior Center, 83 Pickering St., you will know if Mah Jong is for you. The class, taught by an experienced teacher, is four sessions at a cost of \$20 total, payable at the first session. To register, call 781-455-7555.

IT'S FRIDAY ENTERTAINMENT LIVE

A VALENTINE'S
SPECIAL WITH DAVID
POLANSKY

**Friday, February 13th
1:30**

At the Needham Senior Center
***There is no fee for this
program. Sign-up is required.
Call 781-455-7555.***

David Polansky's music is frequently humorous, sometimes serious, always clever and engaging. His Valentine concert will include songs like: Secret Love, My Funny Valentine, They Can't Take That Away from Me, Honeysuckle Rose, All the Things you Are, Almost Like Being in Love, Come Rain or Come Shine and more. Mr. Polansky is an accomplished trumpet player. Over the years he has worked with Arthur Fiedler, Sandler and Young, Phyllis Diller, Ray Bolger and others. We thank Wingate Healthcare for sponsoring this event.

PIZZA PARTY AND PIANO MUSIC BY PHILIP MESSING

**Wednesday, February
25th at 12:30 pm**

At the Needham Senior Center
***Sign-up is required, \$4.00 per
person. Call 781-455-7555.***

Please join us for pizza, salad and dessert. The COA staff will all be on hand to make sure that your plates are plenty and that your cups are full.

SONGSTERS UPDATE

We have had to cancel several dates at Nursing Homes and Linden/Chambers because of the unusually severe winter we've been having. I want an exciting new program with plenty of peppy music (such as Oklahoma) and suggestions from the membership are always welcome. If the members would like make any suggestions, please tell Jeanne or Miriam in advance of the first rehearsal. First rehearsal will be held on February 11th at 10:30 am in the Yellow Room, and we will do our best to have music prepared for that date.

TAX COUNSELING TO BEGIN IN FEBRUARY, 2009

Sponsored by AARP and the COA

For a confidential appointment with a trained counselor, call the Needham Senior Center at 781-455-7555. Counselors are trained by the IRS. On the day of your appointment, please bring the following three items with you:

- #1 A copy of your 2008 tax return.
- #2 All income statements received including Social Security.
- #3 Any state or federal tax forms you received in the mail.

BALLROOM DANCING LESSONS – MAMBO/MERENGUE A 4-WEEK CLASS

Tuesdays • 2:00-3:00 pm

February 3, 10, 17, 24

Offsite Location: YMCA, 380 Chestnut Street

Sign-up required. Call 781-455-7555.

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to hold this wonderful program. A new four-week ballroom dancing class will be held on Tuesdays between 2:00-3:00 pm at the YMCA, 380 Chestnut St. The cost is \$16 for all four sessions. Please wear shoes that allow movement on a wood floor – best if not rubber soles. If you are a new student, to sign-up call Sherry Jackson at the Needham Senior Center, 781-455-7555.

BETTER BALANCE EXERCISE CLASS WITH LISA

Wednesdays • 2:30 pm

At the Needham Senior Center

Have fun while learning to improve your balance and prevent falls. Using balls, bands and weights, this class will help improve your balance, posture, flexibility, strength and endurance and decrease stress. Cost for the class, which will be held Wednesdays from 2:30-3:30 p.m., is \$50 for 8 weeks. To sign up, please call the Senior Center at 781-455-7555.

THE ARTHRITIS FOUNDATION EXERCISE PROGRAM WITH LISA CADIGAN

Session I

**Tuesday, 2:00 – 3:00 pm
Begins February 3, 2009**

At the Needham Senior Center

Cost for 8 weeks is \$32.00

Session II

**Thursday, 2:00 – 3:00 pm
Begins February 5, 2009**

At the YMCA, 380 Chestnut Street

Cost for 8 weeks is \$32.00

Call 781-455-7555 to sign-up. Please bring payment the first week of class.

The Council on Aging would like to thank the Needham YMCA for making space available to us. The Needham COA in collaboration with the Arthritis Foundation is pleased to offer this important exercise class. The program content includes: Range-of motion exercises (includes Flexibility, Strengthening exercises, Endurance activities, Weight-bearing activities, Balance and coordination activities, Posture and body mechanics training, Body awareness activities, Breathing exercises, Relaxation exercises, Health education, Practical tips, and Activities to promote self-care). The general guidelines can be found on the Arthritis Foundation website www.arthritisfoundation.org. The cost for one 8 week session is \$32 and for both sessions the cost is \$64. To sign up call 781-455-7555.

COMPASS NEWSLETTER LABELING AND COLLATING

Tuesday, February 24th • 9:15 am

At the Needham Senior Center

Please join us for a morning of light work and good fun, while we prepare the newsletter for mailing!

HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us.

VOLUNTEERS SOUGHT

- Meal site Volunteer: Weekday(s) 10:00am – 12:30pm
- B.A.G.S. Shopper Assistant
- Friendly Visitors
- Parent/Child Morning Pastry preparer & visitor
- Help prepare taxes (training available)
- Teach computers
- Teach a foreign language

For further information call Penny Gordon, Volunteer Coordinator, at 781-455-7555 ext. 204.

NEEDHAM VOLUNTEER OPPORTUNITIES FAIR

SAVE THE DATE!

Tuesday, March 3, 2009 3-6 pm

NEEDHAM HISTORICAL SOCIETY

Needham is proud to be a “town of volunteers”. But do you know how to find the right volunteer opportunity for you? for your schedule? What needs to be done? Where you can best help out?

This is your chance to learn more about the many possibilities for volunteering around Needham. Representatives from a variety of town-wide agencies and organizations will be present to share information, including: The Needham Community Council, the Needham Public Library, Council on Aging, Needham Housing Authority, Beth Israel Deaconess Hospital Needham, Needham Public Schools, League of Women Voters, Needham Historical Society, Exchange Club, Rotary, and more.

This event is geared toward adult volunteerism and open to all. There is no admission charge. Refreshments will be served and each organization represented will have a raffle prize. One raffle ticket is complimentary for each person attending the fair with chances to “earn” additional raffle tickets from visiting and talking with the organizations.

For further information, contact Penny Gordon or Paula Angell at the Needham Council on Aging, 781-455-7555 or email pgordon@town.needham.ma.us or Pangell@town.needham.ma.us

DID YOU KNOW?

Providing care for a family member in need is a centuries-old act of kindness, love, and loyalty. And as life expectancies increase and medical treatments advance, more and more of us will participate in the caregiving process, either as the caregiver, the recipient of care, or possibly both. The good news is that you're not alone. Help for caregivers is available. For information about the Caregiver's Support Group, please contact LaTanya Steele at the Needham Senior Center, 781-455-7555.

MOVIES AT 1:00 PM

At the Needham Senior Center

MONDAY

February 2

To Have & Have Not, 1944

February 23

Is This Our Life, 1942

FRIDAY

February 6

Love with the Proper Stranger, 1963

February 20

Bridges of Madison County, 1995

February 27

The Muse, 1999

MONDAY'S LUNCH BUNCH

During the winter month of February, we're going to stay close to home, and dine out in Needham.

Due to the increased interest in our LUNCH BUNCH program, please be sure to speak with our receptionist to SIGN UP in advance for the lunch you want to attend.

Meet at the Senior Center at 11:30am. Board our Van and take a ride to:

Monday, February 2
Trophies

Monday, February 9
Mandarin Cuisine

Monday, February 16
(Center Closed)

Monday, February 23
Spiga

Call the Senior Center at 781-455-7555, speak with the receptionist and sign up today. The suggested donation of \$5.00 to cover expenses, will be changed to \$1.00 when we stay within the Town of Needham. You will also pay the cost of your meal. Enjoy !!

WINTER HAS ARRIVED!!

Guidelines to Consider

Tune in to your radio or T.V. If the Needham schools are closed, the Senior Center is also closed. If the schools have a two-hour delay, the Senior Center follows and will open at 11:00 a.m. If you have any doubt that the Senior Center is open, simply call us at (781) 455-7555. You will either talk to a staff member or hear a message giving you the pertinent information.



COUNCIL
ON AGING
Needham

STEPHEN PALMER
SENIOR CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER
DROP-IN HOURS:
9:00 am - 4:00 pm
Monday thru Friday

ARE YOU LOOKING FOR A MEANINGFUL AND CHALLENGING VOLUNTEER OPPORTUNITY?

Consider Becoming a Certified SHINE (Medicare) Counselor!

The SHINE program helps seniors and disabled individuals on Medicare to understand the many and increasingly complex insurance options available to them. The need for trained volunteers to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE (Serving Health Information Needs of Elders) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income health programs. SHINE Counselors also attend monthly meetings where they receive on-going training, support, and opportunities to share their experiences and concerns with other counselors.

SHINE Counselors are expected to work an average of 4 hours per week meeting with clients and doing necessary follow-up work. They generally counsel in Senior Centers or other public settings that have a private meeting space. Some computer experience is necessary. The next SHINE training will begin in March and run for two days per week over a six-week period at Whitney Place at Natick. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (508) 532-5980 x 4109. Bilingual, bicultural and minority individuals are encouraged to apply. SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with the Councils on Aging, the Aging Services Access Points and other local agencies.

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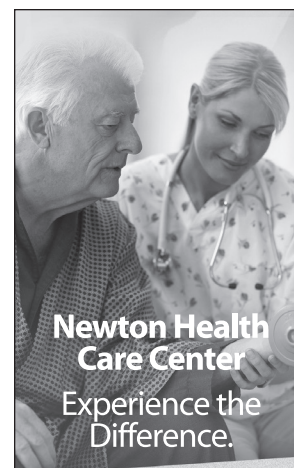
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**Call today or stop in
for a tour!**

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617.969.4660

FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Tai Chi Class</p> <p>10:00 Walking Club</p> <p>10:15 Exercise with Pearl</p> <p>11:30 Lunch Bunch: Trophies</p> <p>11:45 Lunch: Hawaiian Ham or Tuna Salad Sandwich</p> <p>1:00 Bridge – Men</p> <p>1:00 Friends of Needham Elderly</p> <p>1:00 Movie: To Have & Have Not</p>	<p>3</p> <p>9:00 Spanish Class</p> <p>9:15 Bridge – Women</p> <p>10:30 Current Events</p> <p>11:45 Lunch: Italian Chicken and Rotini Casserole</p> <p>12:30 Ping Pong</p> <p>1:00 Bridge – Men</p> <p>1:30 Cribbage – Women</p> <p>2:00 Ballroom Dancing #1</p> <p>2:00 Arthritis Exercise with Lisa</p>	<p>4</p> <p>9:00 Exercise</p> <p>9:00 Keep Well Clinic</p> <p>10:00 Hearts Card Game</p> <p>10:30 Art History with Alexander Calder #3</p> <p>11:45 Lunch: Broccoli Cheese Breaded Fish or Turkey and Cheese</p> <p>12:00 Weight Watchers</p> <p>1:00 Bridge – Men</p> <p>2:30 Better Balance</p>	<p>5</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>11:45 Lunch: Salisbury Steak or Egg Salad over lettuce</p> <p>12:00 Computer Lessons</p> <p>12:30 Ping Pong</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Lisa #1</p>	<p>6</p> <p>9:15 Exercise with Pearl</p> <p>9:15 Quilting</p> <p>10:30 Exercise</p> <p>11:45 Lunch: Beef Stew or Chicken Salad Sandwich</p> <p>12:00 Computer Lessons</p> <p>1:00 Board Games</p> <p>1:00 Bridge – Men</p> <p>1:00 Movie: Love with the Proper Stranger</p>
<p>9</p> <p>9:00 Tai Chi Class</p> <p>10:00 Walking Club</p> <p>10:15 Exercise with Pearl</p> <p>11:30 Lunch and Learn: Balance, the Key to Your Health</p> <p>11:30 Lunch Bunch: Mandarin Cuisine</p> <p>11:45 Lunch: Stuffed Shells with Alfredo Sauce or Ham and Cheese Sandwich</p> <p>1:00 Bridge – Men</p>	<p>10</p> <p>9:00 Spanish Class</p> <p>9:15 Bridge – Women</p> <p>10:30 Creative Writing Group</p> <p>11:45 Lunch: Hot Dog or California Chicken Salad</p> <p>12:30 Ping Pong</p> <p>1:00 Bridge – Men</p> <p>1:30 Cribbage – Women</p> <p>2:00 Ballroom Dancing #1</p> <p>2:00 Arthritis Exercise with Lisa</p>	<p>11</p> <p>9:00 Exercise</p> <p>10:00 Hearts Card Game</p> <p>10:30 Songsters</p> <p>11:45 Lunch: Roast Turkey dinner or Tuna salad over lettuce</p> <p>12:00 Weight Watchers</p> <p>1:00 Bridge – Men</p> <p>2:30 Better Balance</p>	<p>12</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>11:45 Lunch: Valentine's Day Special: Crab Stuffed White Fish, Newburg Sauce, Baked Potato, Fiesta Mix Vegetables and Cherry Pie</p> <p>12:00 Computer Lessons</p> <p>12:30 Ping Pong</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Lisa #1</p>	<p>13</p> <p>9:15 Exercise with Pearl</p> <p>9:15 Quilting</p> <p>10:30 Exercise</p> <p>11:45 Lunch: Chicken Marsala or Turkey Salad on Lettuce Leaf</p> <p>12:00 Computer Lessons</p> <p>1:00 Bridge – Men</p> <p>1:30 Entertainment Live: A Valentine's Special with David Polansky</p>
<p>16</p> <p>SENIOR CENTER CLOSED IN OBSERVANCE OF PRESIDENT'S DAY</p>	<p>17</p> <p>9:00 Spanish Class</p> <p>9:15 Bridge – Women</p> <p>10:30 Current Events</p> <p>11:45 Lunch: Baked fish or Egg Salad Sandwich</p> <p>12:30 Ping Pong</p> <p>12:30 Tax Preparation Made Easy</p> <p>1:00 Bridge – Men</p> <p>1:30 Cribbage – Women</p> <p>2:00 Ballroom Dancing #1</p> <p>2:00 Arthritis Exercise with Lisa</p>	<p>18</p> <p>9:00 Exercise</p> <p>9:00 Keep Well Clinic</p> <p>10:00 Hearts Card Game</p> <p>10:30 Songsters</p> <p>11:45 Lunch: Macaroni and Cheese or Roast Beef and Cheese Sandwich</p> <p>12:00 Weight Watchers</p> <p>1:00 Bridge – Men</p> <p>1:30 Book Reviewer: "The Secret Life of Bees"</p> <p>2:30 Better Balance</p>	<p>19</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>11:45 Lunch: Stuffed Pepper or Seafood Salad Sandwich</p> <p>12:00 Computer Lessons</p> <p>12:30 Ping Pong</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Lisa #1</p>	<p>20</p> <p>9:15 Exercise with Pearl</p> <p>9:15 Quilting</p> <p>10:00 Low Vision</p> <p>11:45 Lunch: Cranberry Chicken or Turkey and Cheese Sandwich</p> <p>12:00 Computer Lessons</p> <p>1:00 Board Games</p> <p>1:00 Bridge – Men</p> <p>1:00 Movie: Bridges of Madison County</p> <p>No 10:30 Exercise Class Today</p>
<p>23</p> <p>9-4 Pool Tournament</p> <p>9:00 Tai Chi Class</p> <p>10:00 Walking Club</p> <p>10:15 Exercise with Pearl</p> <p>11:30 Lunch Bunch: Spiga</p> <p>11:45 Lunch: Meatloaf or Chicken Salad Sandwich</p> <p>1:00 Bridge – Men</p> <p>1:00 Movie: Is This Our Life</p>	<p>24</p> <p>9:00 Spanish Class</p> <p>9:15 Compass Collating</p> <p>9:15 Bridge – Women</p> <p>10:15 Senator Brown Office Hours</p> <p>10:30 Creative Writing Group</p> <p>11:45 Lunch: Chicken Parmesan or Ham and Cheese Sandwich</p> <p>12:30 Ping Pong</p> <p>1:00 Bridge – Men</p> <p>1:30 Cribbage – Women</p> <p>2:00 Ballroom Dancing #1</p> <p>2:00 Arthritis Exercise with Lisa</p>	<p>25</p> <p>9-4 Pool Tournament</p> <p>9:00 Exercise</p> <p>10:00 Hearts Card Game</p> <p>10:30 Songsters</p> <p>11:45 Lunch: Salmon or Egg Salad Sandwich</p> <p>12:30 Pizza Party</p> <p>1:00 Bridge – Men</p> <p>2:30 Better Balance</p> <p>No Weight Watchers Today</p>	<p>26</p> <p>9:30 Piano Lessons</p> <p>10:00 Knitting</p> <p>10:00 Whist</p> <p>11:45 Lunch: Pot Roast with Gravy or Turkey Salad Sandwich</p> <p>12:00 Computer Lessons</p> <p>12:30 Ping Pong</p> <p>1:00 Bridge – Duplicate</p> <p>1:00 Cribbage – Men</p> <p>2:00 Arthritis Exercise with Lisa #1</p>	<p>27</p> <p>9:15 Exercise with Pearl</p> <p>9:15 Quilting</p> <p>10:30 Exercise</p> <p>11:45 Lunch: Cheese Lasagna or Tuna Salad over Lettuce</p> <p>12:00 Computer Lessons</p> <p>1:00 Board Games</p> <p>1:00 Bridge – Men</p> <p>1:00 Movie: The Muse</p>

CALENDAR OF PROGRAMS AND EVENTS

Needham Council on Aging and Senior Center
83 Pickering Street • Needham, MA 02492
781-455-7555 • www.needhamma.gov

Offsite Locations of Programs

- #1 Charles River YMCA • 380 Chestnut Street
- #2 Needham Public Library • 1139 Highland Avenue
- #3 Avery Crossings Assisted Living • 110 West Street
- #4 Baptist Church • 858 Great Plain Ave.

Please Note: Items in bold indicate that sign-up is required.



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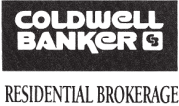
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